

FIG. 1

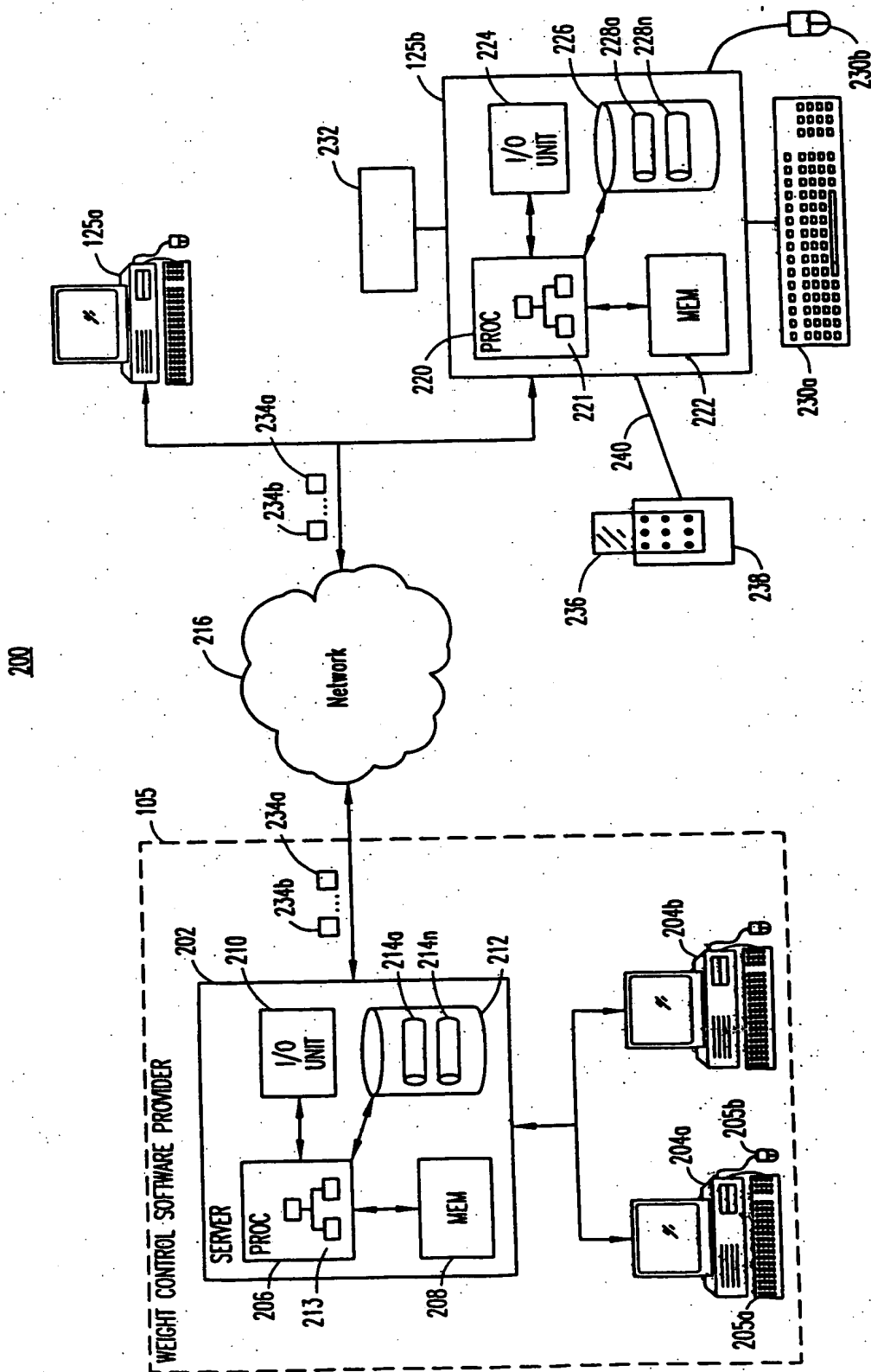


FIG. 2

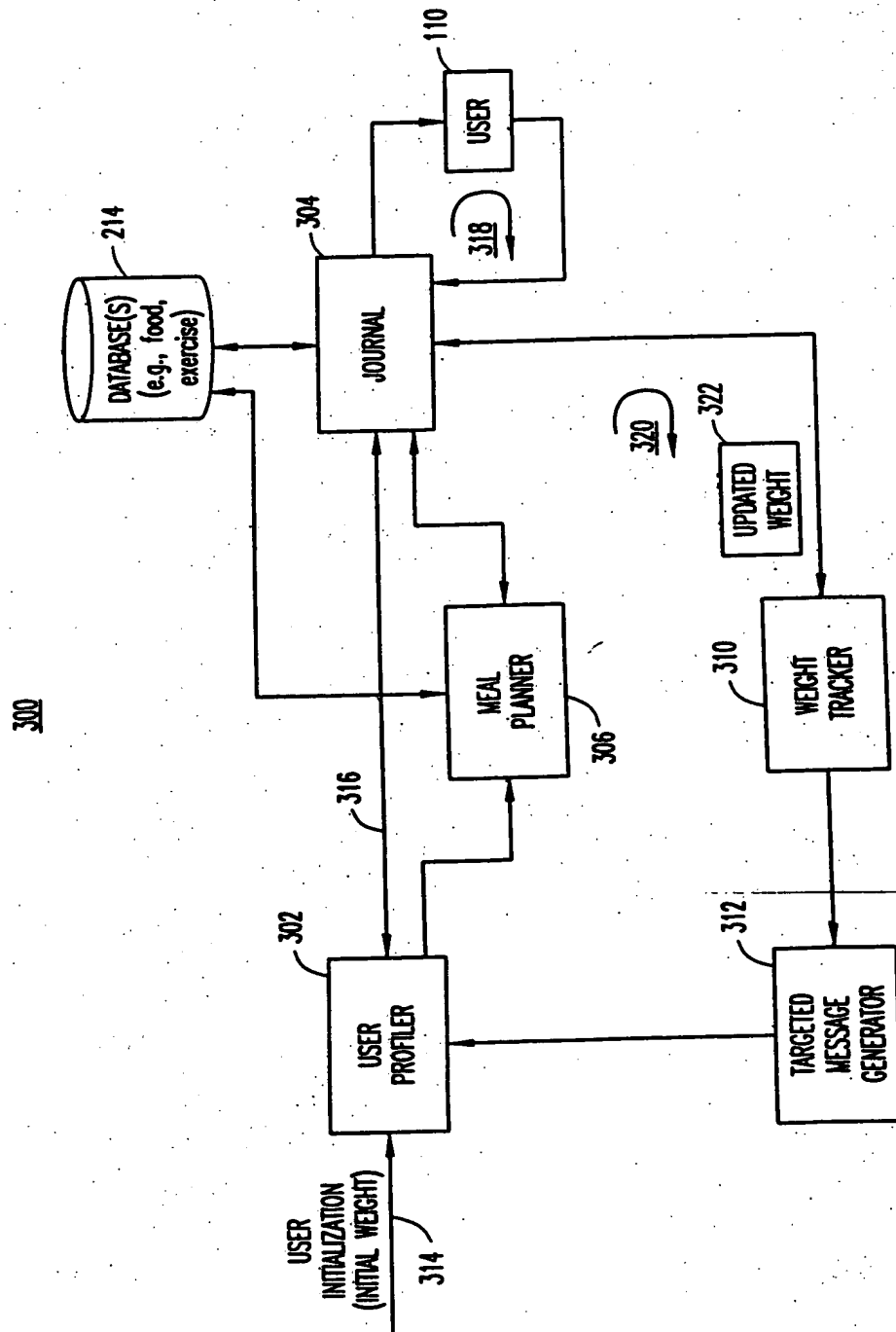


FIG. 3

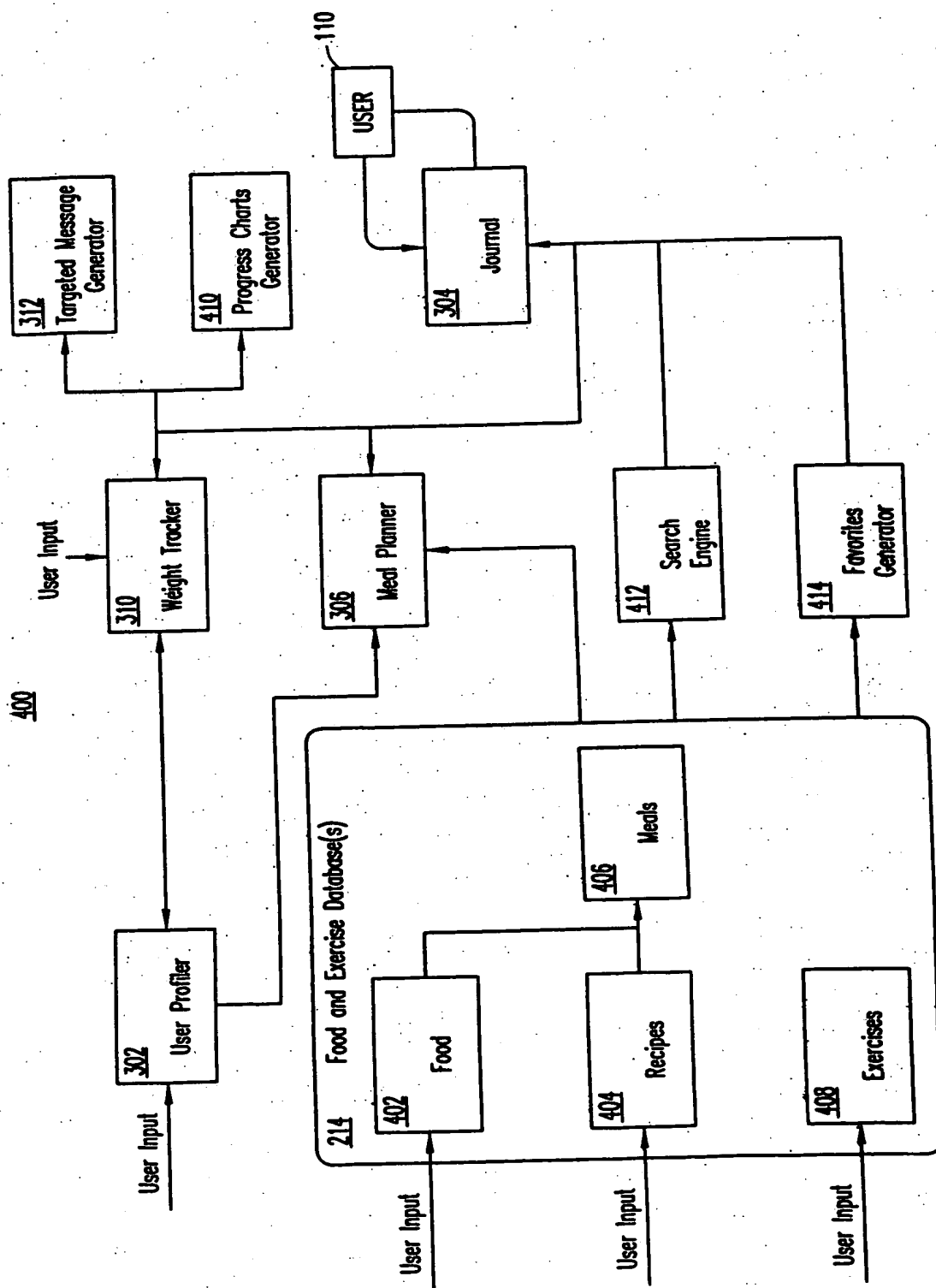


FIG. 4



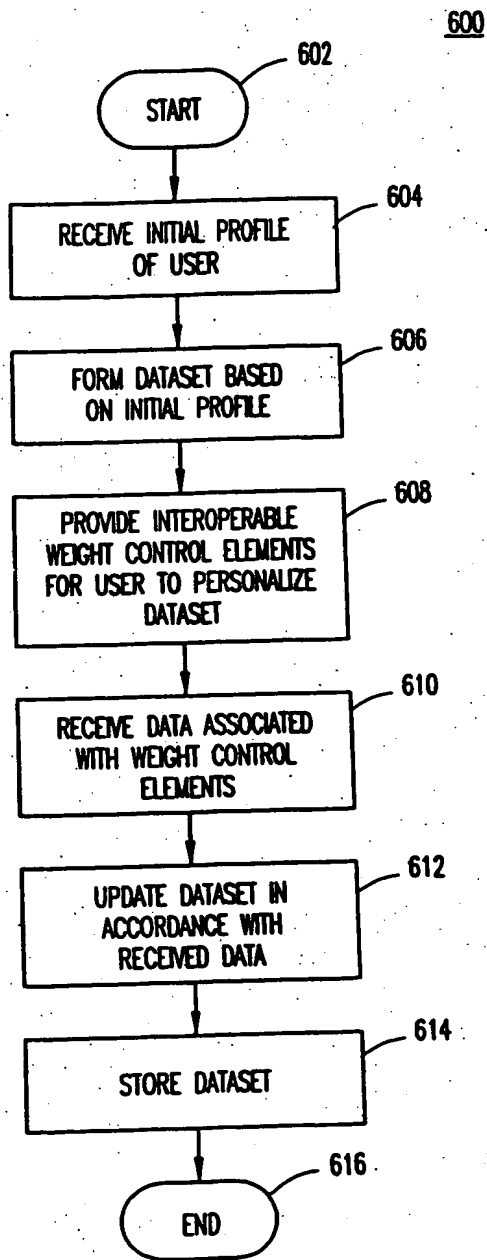


FIG. 6

7/28

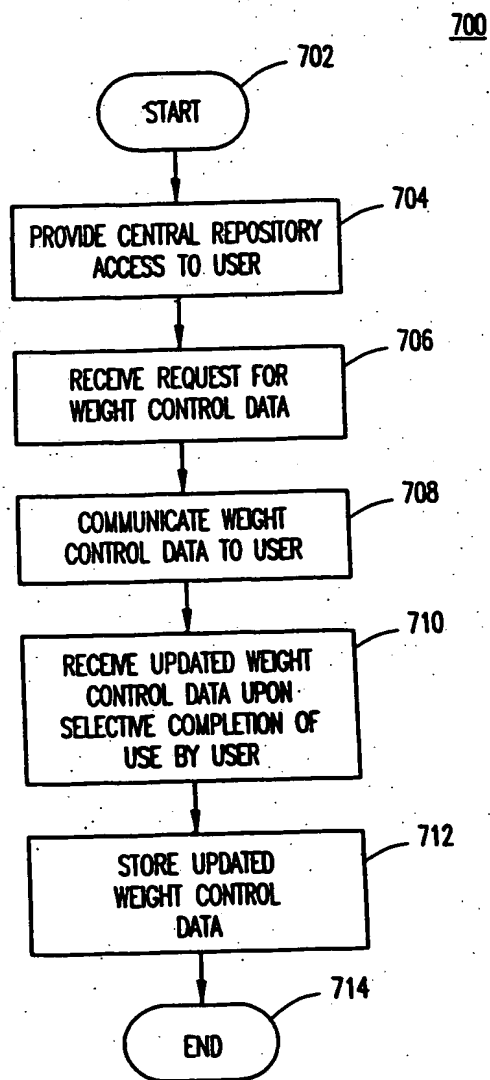


FIG. 7

8/28

806 home **the plan** community success stories food & recipes healthy life fitness just for me shop 804 **panic** 826

802 find a meeting about us my profile site map help LOGIN

Journal | Weight Tracker | Progress Charts | My Favorites | POINTS® Calculators | Assessment | Tools for Living 808

## step 6 of 6 confirm your information

Please confirm that all details you entered are correct. Click the "make changes" link below to make corrections

**Current Weight Information** 810

Current Weight: 223lb  
Height: 5'8"  
Gender: M  
Birthdate: 7/14/1966

Make changes to Weight Information

<b>Personal Information</b> 812	<b>Other Characteristics</b> 814
First name: John	Altitude: Generally Happy
Last name: Smith	Athletic: Yes
Address: 1 MAIN ST.	Eye color: Blue
City: Anytown	Hair color: Brown
State: NY	
Zip code home: 12345	<b>Other Demographics</b> 814
Zip code work: 12346	Race: Caucasian
Country: United States	Religion: Catholic
Phone: (212) 555-1234	Ethnicity: Irish
E-mail: jsmith@workplace.com	Blood type: A+
Receive Information: No	<b>Heath Restrictions</b> 816
E-mail Weight Loss Progress: No	None
E-mail Format: text	
Profession: Professional (e.g., doctor, lawyer)	<b>Desired Meal Plan Type</b> 818
Marital status: Single	Regular
Number of children: 0	
Lifetime Member: 98765	
Meeting Member number: 98765	

Make changes to Personal Information

**Payment Information** 822

Credit Card: Visa  
Credit card number: \*\*\*\*\*1111  
Expiration date: 2/2002  
Name as it appears on the card: John Q Smith  
Billing Address: 1 MAIN ST.  
City: Anytown  
State: NY  
Zip code: 12345

Make changes to Payment Information

**Total Subscription Charges for** 824

Monthly Fee: \$8.00 x 6 = \$48.00  
Savings/Discount: \$0.00  
Taxes: \$0.00  
Total Charges: \$48.00

FIG. 8



9/28

900a

The screenshot shows a web browser window with the following elements:

- Browser Interface:** Includes a menu bar (File, Edit, View, Go, Favorites, Help), a toolbar with navigation buttons (Back, Forward, Stop, Refresh, Home), and an address bar showing "http://".
- Navigation Links:** A horizontal bar contains links: "home", "my plan", "community", "success stories", "food & recipes", "healthy life", "fitness", "just for me", and "shop".
- Journal Section:** Titled "my journal", it displays the date "Friday, Jan 25, 2002", a "Target: 27", and a "Range: 22-27". It also shows "Bank: 3" and buttons for "print day", "print blank journal", and "user guide".
- Form Fields:**
  - Step 1:** "Select a meal time:" with radio buttons for "Morning", "Midday", "Evening", and "Snack".
  - Step 2:** "To add food, you can either:"
    - Option 1: "Search our food database" with a text input field and a "FIND" button.
    - Option 2: "Select a favorite:" with a dropdown menu and an "ADD" button.
    - Option 3: "Express it! Enter your food and its POINTS value:" with input fields for "Food:" and "POINTS:" and an "ADD" button.
- Food List Table:** A table on the right lists food items and their corresponding POINTS values.

Food Item	POINTS
1 medium pear(s)	1
1 cup light artificially sweetened yogurt	2
1/2 cup General Mills Whole Grain Total	1
6 average almonds	1
<b>Subtotal: 5</b>	
<b>Midday</b>	
6 oz baked potato	3
1 oz low-fat cheddar or colby cheese	1
1/2 cup cooked broccoli	0
2 cup mixed greens	0
1 tsp olive oil	1
1 tsp vinegar	0
1 medium orange(s)	1
<b>Subtotal: 6</b>	
- Footer:** Includes a status bar with an "Internet" icon and a "Need Help? Go to the Journal User Guide" link.

FIG. 9

10/28

1000

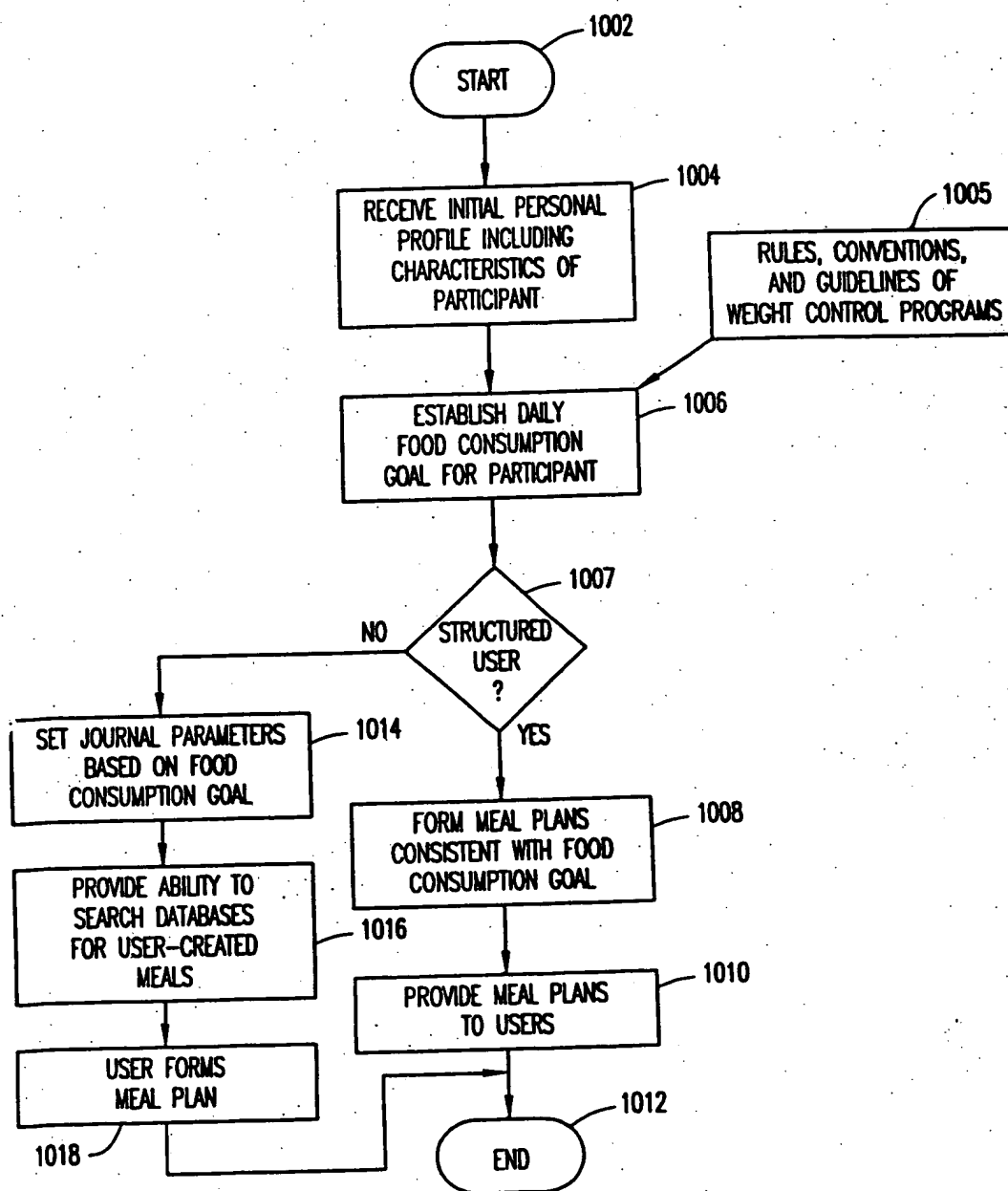


FIG. 10

11/28

900b

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address <http://> [find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#) [LOGOUT](#)

[home](#) [my plan](#) [community](#) [success stories](#) [food & recipes](#) [healthy life](#) [fitness](#) [just for me](#) [shop](#) [panic](#)

[Journal](#) [Weight Tracker](#) [Progress Charts](#) [My Favorites](#) [POINTS<sup>®</sup> Calculators](#) [Assessment](#) [Tools for Living](#) [Intro to eTools](#)

**my journal** [Friday, Jan 25, 2002](#) [Target: 27](#) [Range: 22-27](#) [Bank: 3](#) [print day](#) [print blank journal](#) [user guide](#)

904b 906

**Add Food** **Add Exercise** **Notes** **Calendar**

Step 1: To add an exercise, you can either:

- Search our exercise database or [view all activities](#):  
1104   1106
- Select a favorite: [Edit Exercise](#)
- Express It! Enter your food and its POINTS value:  
Food:  POINTS:

[POINTS Calculator](#) 1102

[Need Help? Go to the Journal User Guide](#) [Find tips from others on the eTools Tip Exchange](#)

<input type="checkbox"/> 3/4 cup cooked brown rice	3
<input type="button" value="MAKE THIS MEAL A FAVORITE"/>	Subtotal 8
<b>Snack</b>	
<input type="checkbox"/> 1 cup light artificially sweetened yogurt	2
<input type="checkbox"/> 1/2 cup sugar-free fruit flavored gelatin	0
<input type="checkbox"/> 2 Tbsp aerosol whipped cream	0
<input type="checkbox"/> 1 Tbsp sprinkles	1
<input type="checkbox"/> 3/4 oz chocolate chips	2
<input type="button" value="MAKE THIS MEAL A FAVORITE"/>	Subtotal 5
Total Food POINTS used 24	
Total Food POINTS left for today 3	
<b>Exercise</b>	
<input type="checkbox"/> 30 min walking, leisure	1
Total Activity POINTS earned 1	
Check off daily on these important items	
Water	Multivitamin Supplement

Internet

FIG. 11

12/28

900c

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address <http://> Go

[find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#) [LOGOUT](#)

[home](#) [my plan](#) [community](#) [success stories](#) [food & recipes](#) [healthy life](#) [fitness](#) [just for me](#) [shop](#) [panic](#)

[Journal](#) [Weight Tracker](#) [Progress Charts](#) [My Favorites](#) [POINTS® Calculators](#) [Assessment](#) [Tools for Living](#) [Intro to eTools](#)

my journal • Friday, Jan 25, 2002 • Target: 27 Range: 22-27 Bank: 3 906 [print day](#) [print blank journal](#) [user guide](#)

**914**

Add Food Add Exercise Notes Calendar

Step 1: Select a meal time:  
☒ Morning ☐ Midday ☐ Evening ☐ Snack

Step 2: To add food, you can either:  
☒ Search our food database    
☒ Select a favorite: Edit Favorite  
    
☒ Express It! Enter your food and its POINTS value:  
Food:  POINTS:    
☒ POINTS Calculator

☒ Need Help? Go to the [Journal User Guide](#) ☒ Find tips from others on the [eTools Tip Exchange](#)

☒ Calculate POINTS for recipes and food combos (e.g., coffee, milk & sugar)  
☒ View your meal plans

**1202**

**1102**

**1204**

**1206**

DELETE CHECKED ITEMS SAVE & BANK

☐ Check All Total Food POINTS used 24

Morning

☐ 3 slice(s) crisp cooked bacon 4

☐ 2 large fried egg(s) 5

MAKE THIS MEAL A FAVORITE Subtotal 9

Midday

☐ 1 small serving(s) cooked lean beef steak 7

☐ 1 cup(s) fruit salad 2

MAKE THIS MEAL A FAVORITE Subtotal 9

Evening

Subtotal 0

Snack

Subtotal 0

Total Food POINTS used 18

Total Food POINTS left for today 9

Exercise

☐ 60 min jogging 7

Total Activity POINTS earned 7

Check off daily on these important items

Water ☐ 1204 Multivitamin Supplement ☐

Fruits & Vegetables ☐ 1206 Milk & Milk Products ☐

DELETE CHECKED ITEMS SAVE & BANK

Internet

FIG. 12

900d

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address <http://>

[find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#) [LOGOUT](#)

[home](#) [my plan](#) [community](#) [success stories](#) [food & recipes](#) [healthy life](#) [fitness](#) [just for me](#) [shop](#) [ponic](#)

[Journal](#) [Weight Tracker](#) [Progress Charts](#) [My Favorites](#) [POINTS<sup>®</sup> Calculators](#) [Assessment](#) [Tools for Living](#) [Intro to eTools](#)

my journal [Friday, Jan 25, 2002](#) Target: 27 Range: 22-27 Bank: 0 [print day](#) [print blank journal](#) [user guide](#)

904d

Add Food Add Exercise Notes Calendar

Click on any date below to view your journal entries for that specific day. To view a different month, click on the forward or back arrows.

Calendar Key

Today's date

The journal day you are viewing

Your scheduled weight tracking day

journal is complete: POINTS are banked!

Need Help? Go to the [Journal User Guide](#)

Find tips from others on the [eTools Tip Exchange](#)

DELETE CHECKED ITEMS

SAVE & BANK

☐ Check All Total Food POINTS used 24

Morning

☐ 3 slice(s) crisp cooked bacon 4

☐ 2 large fried egg(s) 5

MAKE THIS MEAL A FAVORITE Subtotal 9

Midday

☐ 1 small serving(s) cooked lean beef steak 7

☐ 1 cup(s) fruit salad 2

MAKE THIS MEAL A FAVORITE Subtotal 9

Evening

Subtotal 0

Snack

Subtotal 0

Total Food POINTS used 18

Total Food POINTS left for today 9

Exercise

Internet

FIG. 13

14/28

1400

806e

[find a meeting](#) | [about us](#) | [my profile](#) | [site map](#) | [help](#) | [LOGOUT](#)

[home](#) | [my plan](#) | [community](#) | [success stories](#) | [food & recipes](#) | [healthy life](#) | [fitness](#) | [just for me](#) | [shop](#)

[panic](#)

[Articles/Recipes](#) | [Meal Plans](#) | [Recipe Renovation](#) | [Recipe Search](#) | [Recipe Builder](#)

[my shortcuts](#) to weight loss tools. [LOGOUT](#)

Welcome Kevin!  
[I'm not Kevin!](#) [edit profile](#)  
[Pick my avatars!](#)

MY TOOLS

[JOURNAL](#)  
[WEIGHT TRACKER](#)  
[MEAL PLANS](#)  
[POINTS CALCULATORS](#)  
[RECIPE SEARCH](#)  
[RECIPE BUILDER](#)

MY RESOURCES  
[Intro to eTools](#)  
[Tools for Living](#)  
[Hot eTools Topic of the Week](#)  
[Eating Out Guide](#)  
[eTools Tip](#)  
[Exchange](#)

[Favorite Recipes](#) [edit](#)

[Favorite Boards](#) [edit](#)

MY MEETINGS

75202 | [edit](#)  
Enter a zip code below

[Go](#)

[Don't know zip code](#)

[MY NEWSLETTER & MORE](#)

[Choose your options](#)

[GET HELP](#)

[Frequently Asked Questions](#)

[Contact Us](#)

meal plans

808c

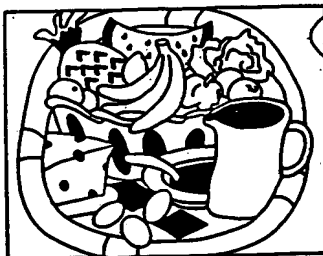
## my 7-day meal plan

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, [see our meal plan user guide](#).

[view next week's plan](#) | [see Daily View](#) | [print](#) | [refresh](#)

Jan 23 - Jan 29

[add plan to my journal](#)



	POINTS
<input checked="" type="checkbox"/> <b>THURSDAY</b>	23
<input checked="" type="checkbox"/> <b>MORNING:</b>	
Almond Apricot Flakes	6
<input checked="" type="checkbox"/> <b>MIDDAY:</b>	
Turkey Roll	5
<input checked="" type="checkbox"/> <b>EVENING:</b>	
Orange-Lemon Scallops	7
<input checked="" type="checkbox"/> <b>SNACK:</b>	
Throughout the Day	5

	POINTS
<input checked="" type="checkbox"/> <b>SATURDAY</b>	24
<input checked="" type="checkbox"/> <b>MORNING:</b>	
From the Coffee Shop	5
<input checked="" type="checkbox"/> <b>MIDDAY:</b>	
Grilled Swordfish	6
<input checked="" type="checkbox"/> <b>EVENING:</b>	
Indian Take-Out	8
<input checked="" type="checkbox"/> <b>SNACK:</b>	
On the Go	5

	POINTS
<input checked="" type="checkbox"/> <b>MONDAY</b>	23
<input checked="" type="checkbox"/> <b>MORNING:</b>	
Apricot Yogurt Sundae	5
<input checked="" type="checkbox"/> <b>MIDDAY:</b>	
Super Salad	6
<input checked="" type="checkbox"/> <b>EVENING:</b>	
Quick Bite Before	7
<input checked="" type="checkbox"/> <b>SNACK:</b>	
Crunchy Snacks	5

	POINTS
<input checked="" type="checkbox"/> <b>WEDNESDAY</b>	23
<input type="checkbox"/> <b>MORNING:</b>	
Cheese Omelet	6
<input checked="" type="checkbox"/> <b>MIDDAY:</b>	
Vegetarian Chili	5
<input checked="" type="checkbox"/> <b>EVENING:</b>	
Apricot Turkey Br.	7
<input checked="" type="checkbox"/> <b>SNACK:</b>	
Snacks and Treats	5

	POINTS
<input checked="" type="checkbox"/> <b>FRIDAY</b>	24
<input checked="" type="checkbox"/> <b>MORNING:</b>	
Yogurt Topped Fruit	5
<input checked="" type="checkbox"/> <b>MIDDAY:</b>	
Cheese & Broc.	6
<input checked="" type="checkbox"/> <b>EVENING:</b>	
Spicy Pork Soup	8
<input checked="" type="checkbox"/> <b>SNACK:</b>	
Savory Snacks	5

	POINTS
<input checked="" type="checkbox"/> <b>SUNDAY</b>	24
<input checked="" type="checkbox"/> <b>MORNING:</b>	
Raisin Nut Flakes	6
<input checked="" type="checkbox"/> <b>MIDDAY:</b>	
Turkey Sandwich w.	5
<input checked="" type="checkbox"/> <b>EVENING:</b>	
Baked Beef Fajita	8
<input checked="" type="checkbox"/> <b>SNACK:</b>	
Sweets and Treats	5

	POINTS
<input checked="" type="checkbox"/> <b>TUESDAY</b>	24
<input checked="" type="checkbox"/> <b>MORNING:</b>	
Apple-Almond Topp.	6
<input checked="" type="checkbox"/> <b>MIDDAY:</b>	
Bacon & Grill	5
<input checked="" type="checkbox"/> <b>EVENING:</b>	
Turkey-Squash St.	8
<input checked="" type="checkbox"/> <b>SNACK:</b>	
Sweet and Salty S.	5

[add plan to my journal](#)

[view next week's plan](#) | [see Daily View](#) | [print](#) | [refresh](#)

need help?

[Learn more and answer questions in our meal plan user guide.](#)

[meal plan user guide](#)

[meal planner profile](#)

[Plan for Me-Plan](#)

[Special diet/Regular](#)

[POINTS range 22-27](#)

[edit meal plan profile](#)

[about meal plans](#)

FIG. 14

15/28

1500g

[find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#)

LOGOUT

[home](#) [my plan](#) [community](#) [success stories](#)

[food & recipes](#)

[healthy life](#)

[fitness](#)

[just for me](#)

[shop](#)

panic

[Articles](#) [Recipes](#) [Meal Plans](#) [Recipe Renovation](#) [Recipe Search](#) [Recipe Builder](#)

my shortcuts  
to weight loss tools.

LOGOUT

Welcome Kevin!  
I'm not Kevin [edit profile](#)  
[Pick my avatars](#)  
MY TOOLS

JOURNAL  
WEIGHT TRACKER  
MEAL PLANS  
POINTS<sup>®</sup> CALCULATORS  
RECIPE SEARCH  
RECIPE BUILDER

MY RESOURCES  
[Intro to eTools](#)  
[Tools for Living](#)  
[Hot eTools Topic of the Week](#)  
[Eating Out Guide](#)  
[eTools Tip](#)  
[Exchange](#)

Favorite Recipes [edit](#)

Favorite Boards [edit](#)

MY MEETINGS

75202 | [edit](#)

Enter a zip code below

[Don't know zip code](#)

MY NEWSLETTER & MORE

[Choose your options](#)

GET HELP

[Frequently Asked Questions](#)

[Contact Us](#)

meal plans

## my 7-day meal plan

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, [see our meal plan user guide](#).

[next day](#) [weekly view](#)

WED Jan 23 | 23 POINTS

[update my meal plan](#) 1504

☒ MORNING:

[Swap for another meal?](#)

POINTS

- [Cheese Omelet](#) 6
- ☐ 3 medium egg white(s) 1
- ☐ 1 tsp basil 0
- ☐ 1 oz low-fat cheddar or colby cheese 1
- ☐ 1 slice high-fiber bread 1
- ☐ 1 cup canned fruit cocktail, packed in water 1
- ☐ 1 cup low-fat milk 2

☒ MIDDAY:

[Swap for another meal?](#)

POINTS

- [Veggie Chili](#) 5
- ☐ 1 cup Health Valley Mild Vegetarian Chili 2
- ☐ 1 cup fresh vegetable sticks 0
- ☐ 1 Tbsp reduced-calorie salad dressing 1
- ☐ 1 cup grapes 1
- ☐ 1 slice toasted wheat bread 1
- ☐ 1 Tbsp I Can't Believe It's Not Butter! Fat-Free Margarine 0

☒ EVENING:

[Swap for another meal?](#)

POINTS

- [Apricot Turkey Breast with Cinnamon Squash](#) 7
- ☐ 4 oz boneless, skinless turkey breast(s) 3
- ☐ 1 Tbsp apricot jam 1
- ☐ 1 tsp ground ginger 0
- ☐ 3/4 medium acorn squash 2
- ☐ 1/8 tsp ground cinnamon 0
- ☐ 1 Tbsp light butter 1
- ☐ 1 1/2 cup green snap beans 0

☒ SNACK:

[Swap for another meal?](#)

POINTS

- [Snacks and Treats](#) 5
- ☐ 1 cup 0-POINT soup 0
- ☐ 1 cup fresh vegetable sticks 0

need help?

[Learn more and answer questions in our meal plan user guide.](#)

- [meal plan user guide](#)
- [meal planner profile](#)
- [Plan for Me-Plan](#)
- [Special diet \(Regular\)](#)
- [POINTS range 22-27](#)
- [edit meal plan profile](#)
- [about meal plans](#)

FIG. 15A

1500b

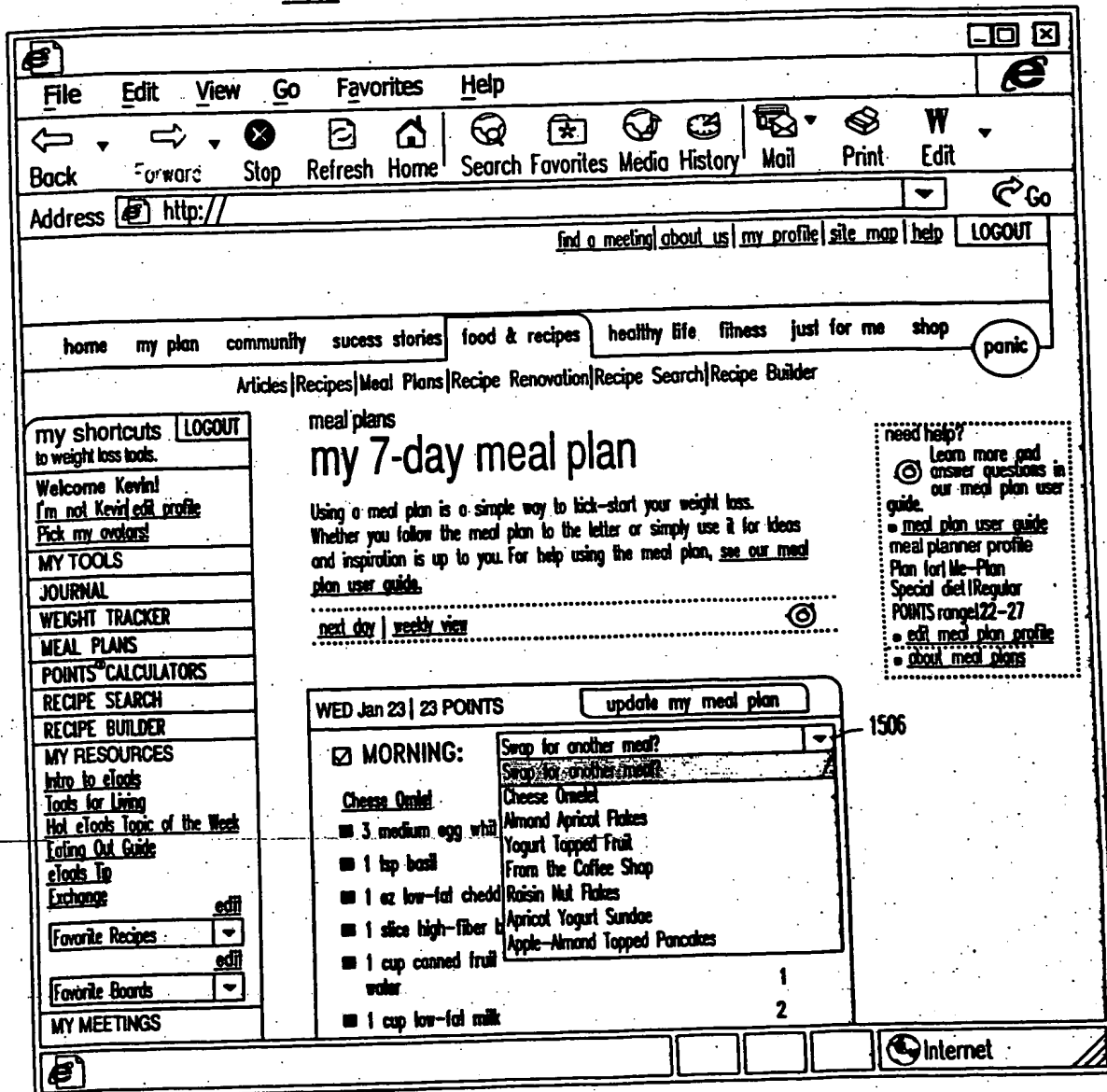


FIG. 15B



900e

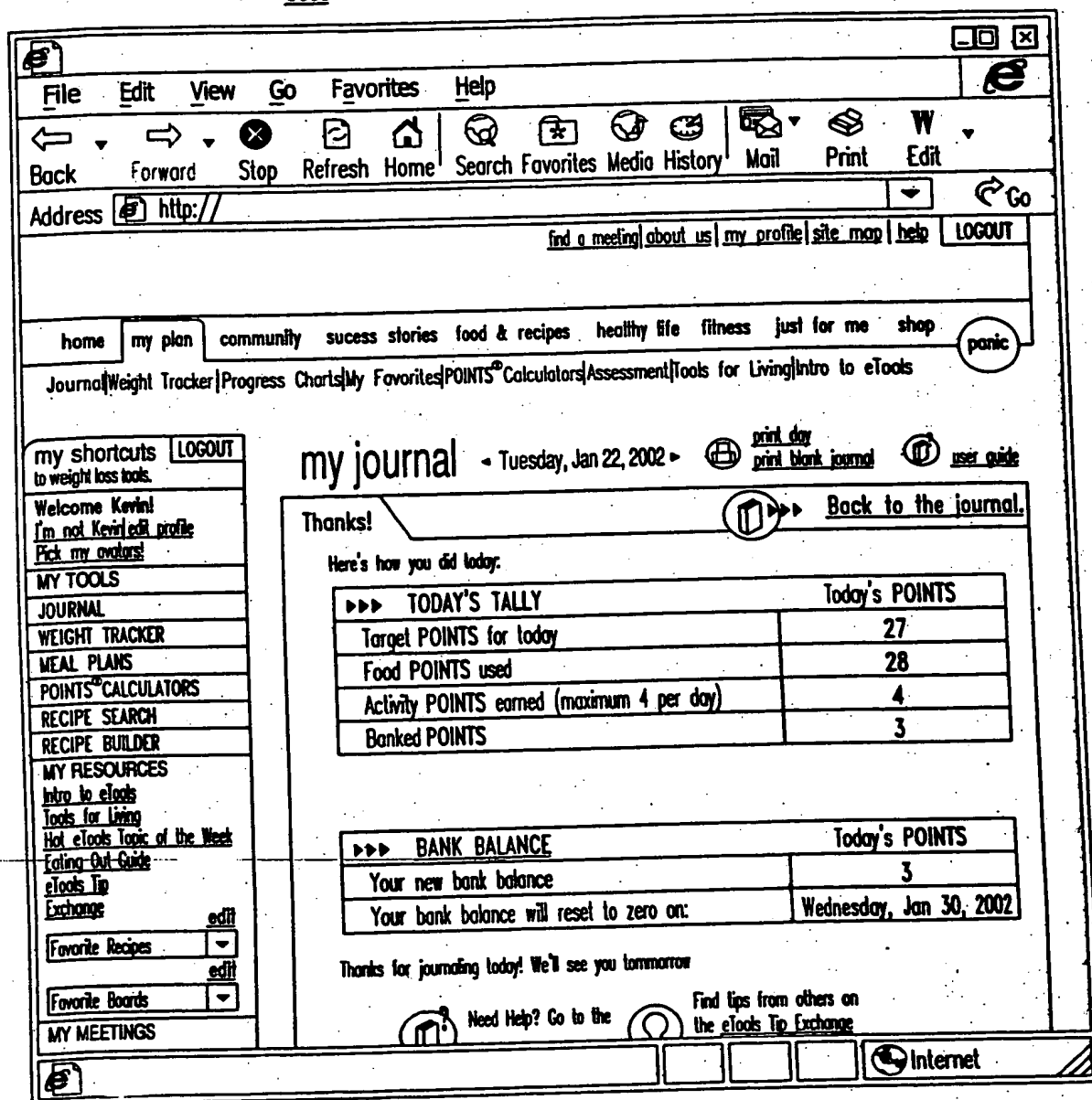


FIG. 16A

900f

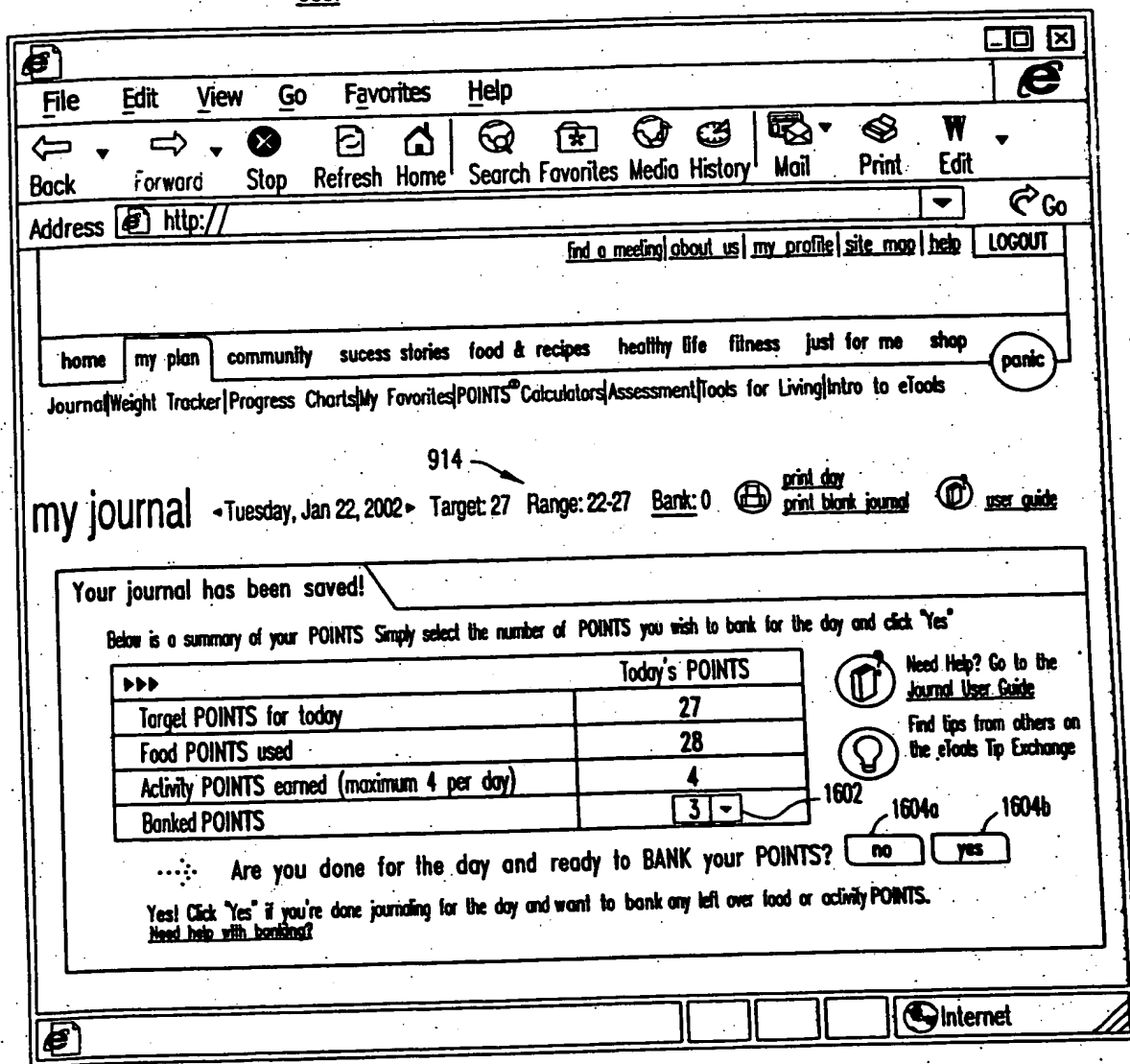


FIG. 16B



20/28

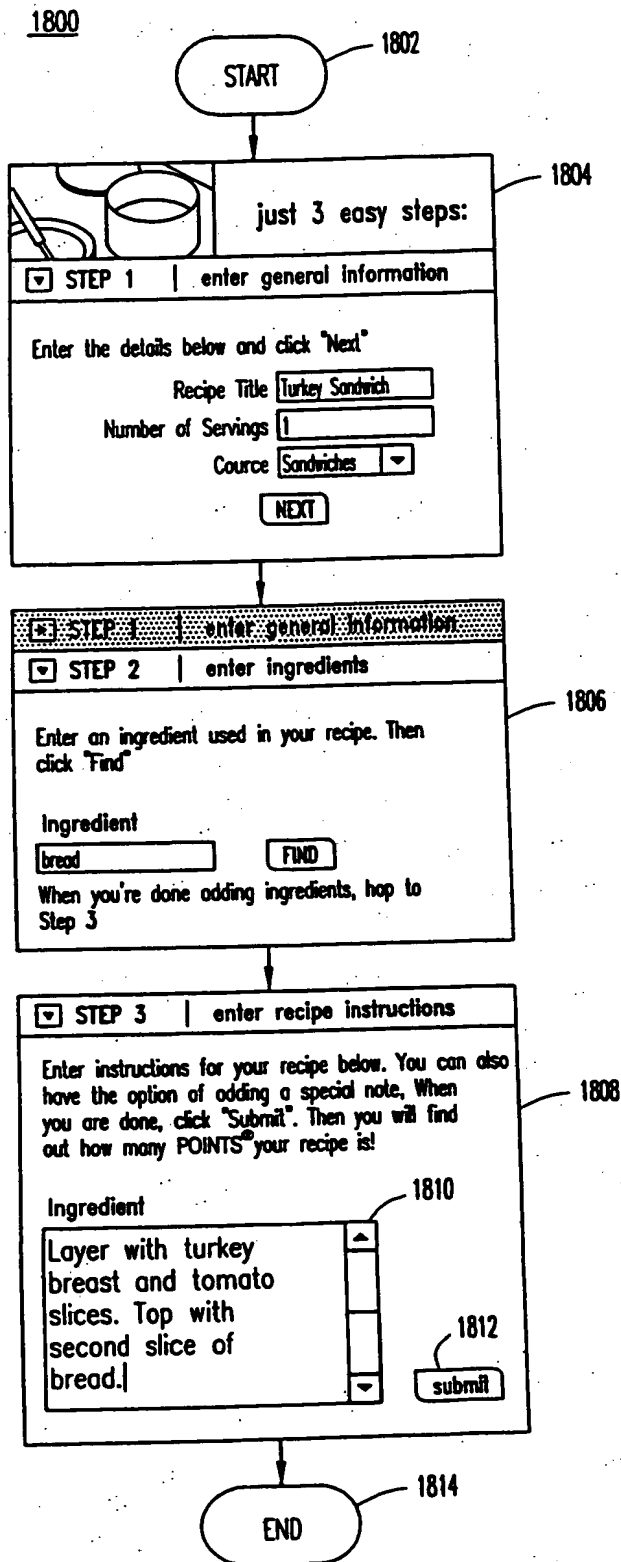


FIG. 18

806b

1900

find a meeting | about us | my profile | site map | help

LOGOUT

home | my plan | community | success stories | food & recipes | healthy life | fitness | just for me | shop

panic

Journal | Weight Tracker | Progress Charts | My Favorites | POINTS<sup>®</sup> Calculators | Assessment | Tools for Living | Intro to eTools

my shortcuts

to weight loss tools.

WELCOME Kevin!

I'm not Kevin | [edit profile](#)

[Pick my avatars!](#)

MY TOOLS

JOURNAL

WEIGHT TRACKER

MEAL PLANS

POINTS<sup>®</sup> CALCULATORS

RECIPE SEARCH

RECIPE BUILDER

MY RESOURCES

[Intro to eTools](#)

[Tools for Living](#)

[Hot eTools Topic of the Week](#)

[Eating Out Guide](#)

[eTools Tip](#)

[Exchange](#)

Favorite Recipes

[edit](#)

Favorite Boards

[edit](#)

MY MEETINGS

7/5/2002 | [edit](#)

Enter a zip code below

[Don't know zip code](#)

MY NEWSLETTER & MORE

[Choose your options](#)

GET HELP

[Frequently Asked Questions](#)

[Contact Us](#)

weight tracker

Wednesday, January 16, 2002

Total weight loss

10.0 LBS.

Most recent weight: 221.6lbs on 1/14/2002

POINTS Range: 22-27

Meeting day: Monday

1902

Milestones:

Thank You

VIEW PROGRESS CHARTS

Thank you for logging your weight this week!

Please return next Monday to log your weight.

Share stories on [Tales from the Scale](#)

ENTER PREVIOUS WEIGHT

health & safety

we put your health and safety first. Learn about how your weight and weight-loss efforts can affect your health.

[What's your BMI](#)

[Effects of Rapid Weight Loss](#)

getting to weight goal

Whether you lost big this week or were a little disappointed, remember to take time out to get inspired all over again.

[18 Ways to Reward Yourself](#)

[Create a Motivating Strategy](#)

learn more, weigh less

Make the scale your friend each week by getting tips from weight-loss experts and fellow dieters alike!

[The Great Weigh-In](#)

[20 Weight Loss Tips \(from Real Meeting Goers!\)](#)

weight loss profile

Main

View & Edit Weights

Enter Previous Weights

Additional Information

Starting weight: 223

10% difference: 200.7

Weight goal: 150.9

Weight lost: 2

[Edit My Profile](#)

Beyond the scale

Get a better grip on your weight-loss success the next time you carry groceries. Click the pounds to see what you'd have to lift.

1lb | 5lb | 10lb | 25lb

4 sticks of butter

Change your country

Terms & Conditions

Privacy

For subscribers only: [Subscription Agreement](#)

FIG. 19

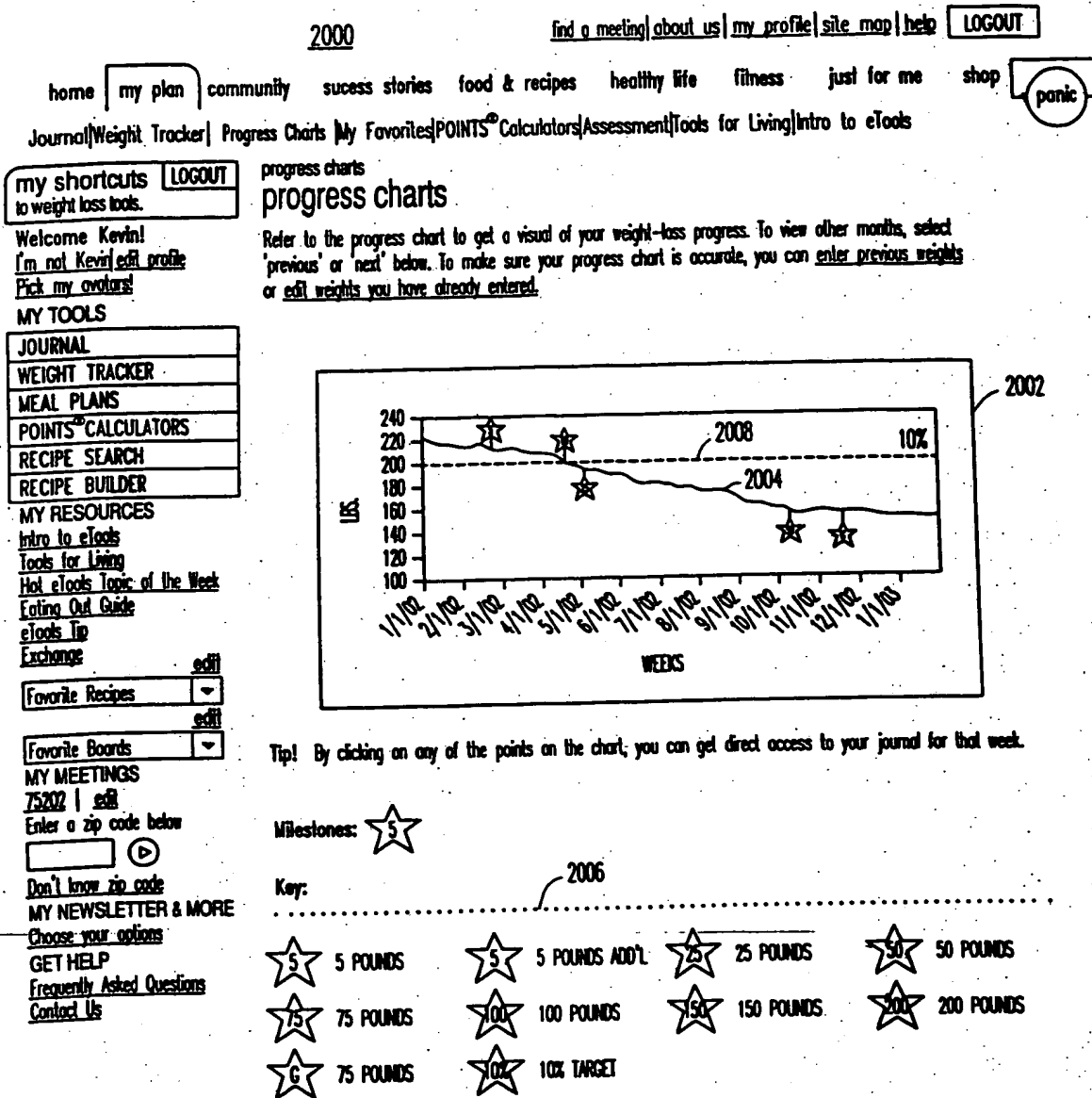


FIG. 20

2100

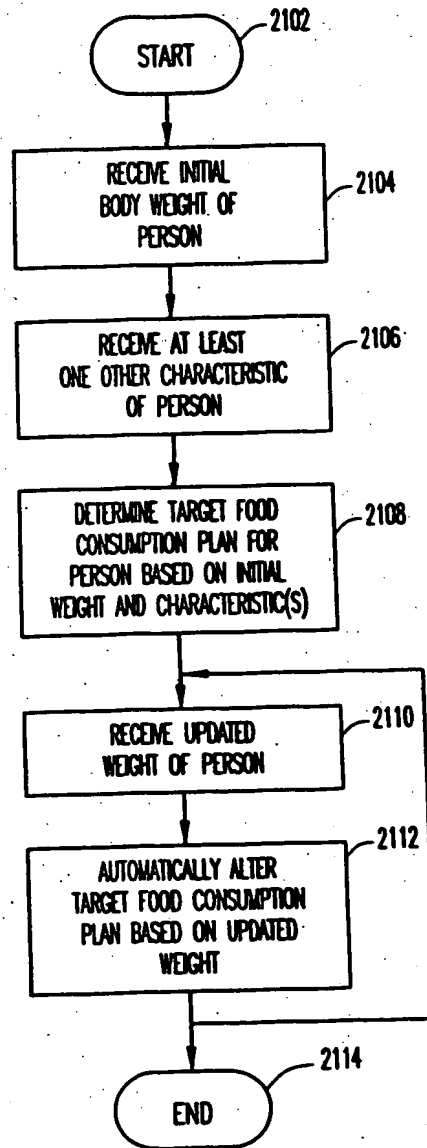


FIG. 21

2200

[find a meeting](#) | [about us](#) | [my profile](#) | [site map](#) | [help](#)

LOGOUT

[home](#) | [my plan](#) | [community](#) | [success stories](#) | [food & recipes](#) | [healthy life](#) | [fitness](#) | [just for me](#) | [shop](#)

826

panic

my shortcuts

to weight loss tools.

LOGOUT

Welcome Kevin!

I'm not Kevin [edit profile](#)

[Pick my avatars!](#)

MY TOOLS

JOURNAL

WEIGHT TRACKER

MEAL PLANS

POINTS<sup>®</sup> CALCULATORS

RECIPE SEARCH

RECIPE BUILDER

MY RESOURCES

Intro to eTools

Tools for Living

Hot eTools Topic of the Week

Eating Out Guide

eTools Tip

Exchange

Favorite Recipes

edit

Favorite Boards

edit

MY MEETINGS

75202 | [edit](#)

Enter a zip code below

►

Don't know zip code

MY NEWSLETTER & MORE

Choose your options

GET HELP

[Frequently Asked Questions](#)

[Contact Us](#)

2202

don't panic!

...we know how hard it can be.

Never trade what you want at the moment  
for what you want most.

Everyone has moments of panic or days of stress, or even weeks when they're just frantic. That's why we've created the "Panic Page." It will help point you down the right path when you're stressed out about your weight loss.

First of all, we're here to provide the connections you need in order to talk to others who've been there. Get in touch and talk it over on our [message boards](#) and in our [chat rooms](#).

And read up on your rough spots, too. Here are some potential "Panic" situations. If one sounds familiar, click on the link for some sound solutions.

- [I want to lose weight, but I can't seem to get started.](#)
- [My weight-loss is at a standstill](#)
- [I've fallen off the wagon.](#)
- [I'm thinking of quitting.](#)
- [I gained this week.](#)
- [I can't do this](#)
- [I just ate a whole chocolate cake.](#)
- [I can't stop overeating!](#)
- [Everybody I know is losing weight except me.](#)
- [I'm stressed!](#)
- [My family and friends keep bringing me food!](#)
- [My spouse doesn't seem to want me to lose weight.](#)
- [I'm planning a vacation. How will I stay on track while away?](#)
- [My friends have asked me to go out to eat with them.](#)

- [I have zero POINTS left for the day!](#)
- [Somebody just said something really hurtful to me.](#)
- [None of my jeans fit me anymore!](#)
- [I'm too big to fit into a bus seat.](#)
- [I'm going to have to stand in front of a crowd. People will notice me.](#)
- [I feel so lonely.](#)
- [I'm bored with trying to lose weight.](#)
- [I'm frustrated with trying to lose weight.](#)
- [I hate exercising.](#)
- [I've lost my motivation.](#)
- [I feel thinner and look thinner, but I'm not losing pounds.](#)

your best resource

Thousands of people just like you use our chat and message boards for

inspiration and encouragement. See how they tackled the problems you face.

- [chat with others now](#)
- [go to newbie board](#)

your best resource

Our leaders provide the best answers to all your questions about weight loss.

- [find a meeting](#)

get help

Panic! Cause you're having problems using some of the tools on our site?

- [frequently asked questions](#)

FIG. 22



File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address  Go

[find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#) [LOGOUT](#)

[home](#) [my plan](#) [community](#) [success stories](#) [food & recipes](#) [healthy life](#) [fitness](#) [just for me](#) [shop](#) [panic](#)

[Journal](#) [Weight Tracker](#) [Progress Charts](#) [My Favorites](#) [POINTS<sup>®</sup> Calculators](#) [Assessment](#) [Tools for Living](#) [Intro to eTools](#)

**my shortcuts** [LOGOUT](#)  
to weight loss tools.

Welcome Kevin!  
[I'm not Kevin](#) [edit profile](#)  
[Pick my avatars](#)

**MY TOOLS**

[JOURNAL](#)

[WEIGHT TRACKER](#)

[MEAL PLANS](#)

[POINTS<sup>®</sup> CALCULATORS](#)

[RECIPE SEARCH](#)

[RECIPE BUILDER](#)

**MY RESOURCES**

[Intro to eTools](#)

[Tools for Living](#)

[Hot eTools Topic of the Week](#)

[Eating Out Guide](#)

[eTools Tip](#)

[Exchange](#) [edit](#)

[Favorite Recipes](#) [edit](#)

[Favorite Boards](#) [edit](#)

**MY MEETINGS**

[75202](#) [edit](#)

Enter a zip code below

[Don't know zip code](#)

[MY NEWSLETTER & MORE](#)

[Choose your options](#)

[GET HELP](#)

[Frequently Asked Questions](#)

[Contact Us](#)

**my profile**

**edit public profile**

[Select another page in my profile](#)

Your public profile lets others using the site learn about you. To make a detail appear in your profile, check the "Add to public profile" box. You can also enter fun details, such as your favorite quote, below. When you are done, click "Submit."

Important: Any information you can consent to being publicly available can be seen by any user on this website. [Learn more about public profiles.](#)

[2304](#) [2302](#) [submit](#)

☒ make public

☐

☒

☒

☒

☒

☒

☐

☐

☒

User name: John Smith

E-mail address: jsmith@workplace.com

Birthdate: 07/14/66

Gender: Male

Marital status: Single

Number of children: 0

Profession: Professional (e.g. doctor, lawyer)

Astrological sign: Cancer

My home page: <http://www.workplace.com>

Astrological sign: Beam me up, Scottie

Enter your start, goal and current weights below. It will display in this order in your signature: 180/169.4/141

Start weight:  lbs

Current weight:  lbs

Weight goal:  lbs

[2306](#) [submit](#)

Internet

FIG. 23

2400a

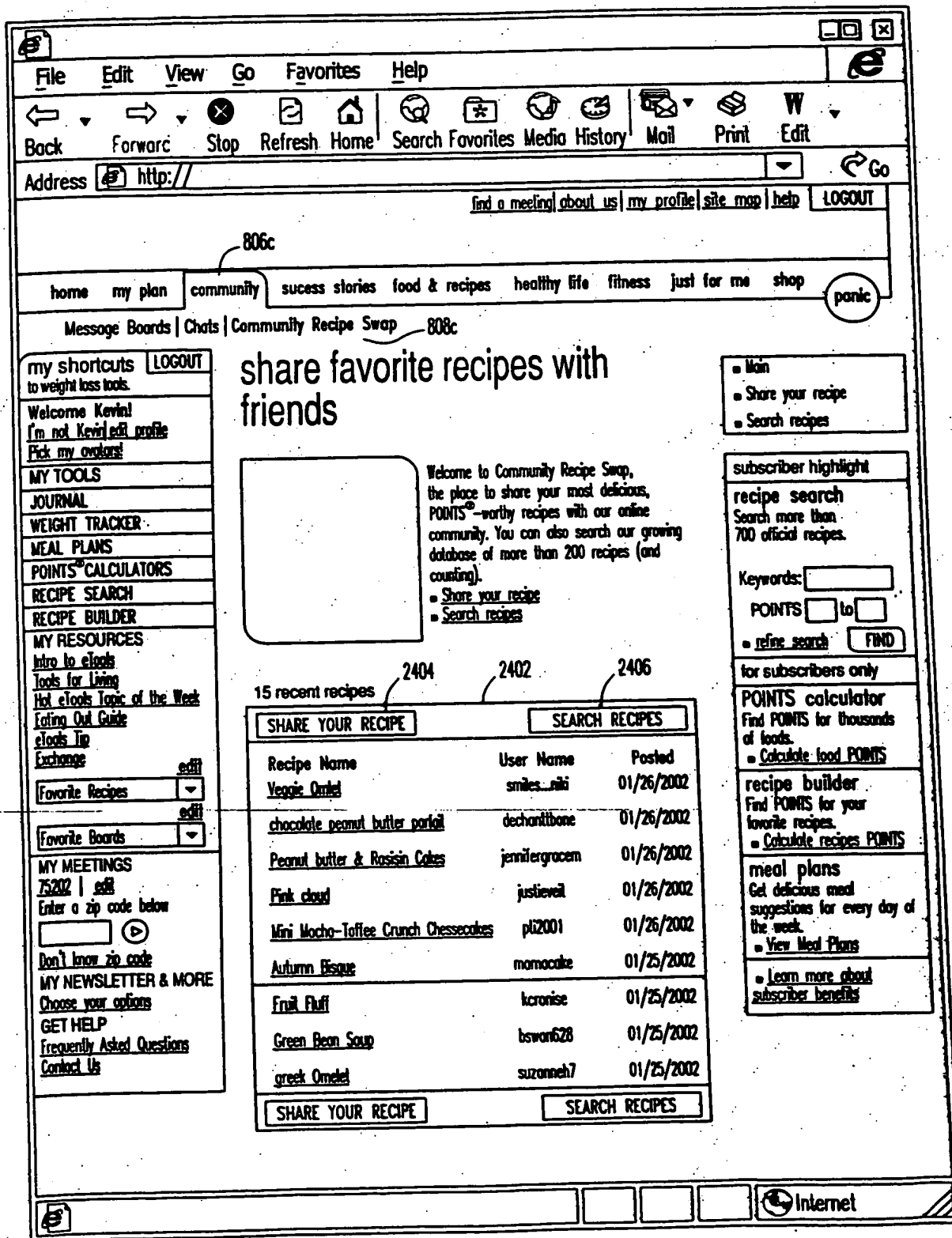


FIG. 24A

27/28

2400b

The screenshot shows a web browser window with a menu bar (File, Edit, View, Go, Favorites, Help) and a toolbar with icons for Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, and Edit. The address bar shows 'http://'. The page content includes a navigation bar with links like 'home', 'my plan', 'community', 'success stories', 'food & recipes', 'healthy life', 'fitness', 'just for me', and 'shop'. A sidebar on the left contains links for 'my shortcuts', 'MY TOOLS', 'JOURNAL', 'WEIGHT TRACKER', 'MEAL PLANS', 'POINTS CALCULATORS', 'RECIPE SEARCH', 'RECIPE BUILDER', 'MY RESOURCES', 'MY MEETINGS', and 'MY NEWSLETTER & MORE'. The main content area is titled 'share your recipe' and contains a form with the following fields: 'Recipe Title' (2410), 'From the Kitchen at:' (2412), 'Meal Course' (2414), 'Number of Servings' (2416), 'Estimated POINTS per serving' (2418), 'Ingredients' (2420), 'Instructions' (2422), and 'Special Notes' (2424). The form also includes a 'RESET' button and a 'SUBMIT' button. A 'panic' button is located in the top right corner of the main content area.

FIG. 24B

2400c

The screenshot displays a web browser window with the following elements:

- Browser Interface:** Includes a menu bar (File, Edit, View, Go, Favorites, Help), a toolbar with navigation buttons (Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, Edit), and an address bar showing "http://".
- Navigation Bar:** Contains links for "home", "my plan", "community" (labeled 806c), "sucess stories", "food & recipes", "healthy life", "fitness", "just for me", and "shop". A "panic" button is also present.
- Left Sidebar:**
  - my shortcuts:** "to weight loss tools.", "Welcome Kevin! I'm not Kevin! edit profile", "Pick my avatars!"
  - MY TOOLS:** "JOURNAL", "WEIGHT TRACKER", "MEAL PLANS", "POINTS<sup>®</sup> CALCULATORS", "RECIPE SEARCH", "RECIPE BUILDER".
  - MY RESOURCES:** "Intro to eToots", "Tools for Living", "Hot eToots Topic of the Week", "Eating Out Guide", "eToots Tip Exchange" (with an "edit" link).
  - Favorite Recipes:** A dropdown menu with an "edit" link.
  - Favorite Boards:** A dropdown menu with an "edit" link.
  - MY MEETINGS:** "7/5/2002 | edit", "Enter a zip code below" (with a search button), "Don't know zip code".
  - MY NEWSLETTER & MORE:** "Choose your options", "GET HELP", "Frequently Asked Questions", "Contact Us".
- Main Content Area:**
  - Header: "community recipe swap" (labeled 808c), "share your recipe".
  - Text: "Browse or search more than 2000 user-recommended recipes below." (labeled 2426).
  - Search Section:**
    - "browse recipes" dropdown (labeled 2428a) set to "All", with a "FIND" button (labeled 2428b).
    - "search" section with "Search by:" radio buttons for "recipe name" (selected) and "user name".
    - "Enter Name:" text input field and a "FIND" button.
    - refine search:** "Search for any combination of categories below. The more options you choose, the more refined your search will become." (labeled 2430).
    - Estimated POINTS<sup>®</sup>:** "Range:" text input field (labeled 2432) with a "to" field.
    - Meal Course:** A grid of checkboxes:
      - Beverages, Light Meals, Side Dishes
      - Breakfast, Main Meals, Snacks
      - Cakes, Sandwiches, Soups
      - Desserts, Sauces
    - Posting Date:** "Search for recipes posted in the last" dropdown (labeled 2436) set to "All Dates", with a "FIND" button (labeled 2438).
- Right Sidebar:**
  - subscriber highlight:**
    - recipe search: "Find what you're craving. Search more than 700 official recipes."
      - Go to Recipe Search
      - Learn more about subscriber benefits
    - for subscribers only
    - POINTS calculator: "Find POINTS for thousands of foods."
      - Calculate food POINTS
    - recipe builder: "Find POINTS for your favorite recipes."
      - Calculate recipes POINTS
    - meal plans: "Get delicious meal suggestions for every day of the week."
      - View Meal Plans
      - Learn more about subscriber benefits

FIG. 24C